

THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

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VOLUME 2017-7 & 8

July/August 2017

GENERAL PHONE NUMBERS

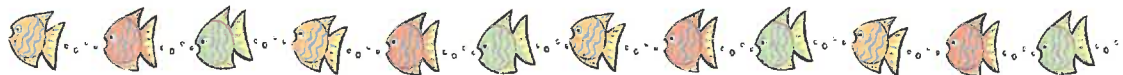
508-349-2800 OR 349-0313

FAX: 508-349-0319

Thank You



TO THE BOOKSTORE RESTAURANT
for a terrific fish fry fundraiser! Carol Parlante & staff were terrific! Thank you for your generous support of the Friends of the Council on Aging!



Iris has retired after 20 years! We wish her all the best as she heads into her retirement venture.....it's hard to imagine the COA without her! Iris's Café will continue under the same name with our new chef, Maryann Lucas. Maryann has been in Wellfleet for 31 years and comes to us with a wealth of experience, including Aesop's Tables, Truro COA, the Wellfleet Marketplace & the Well. The menu is on the last page of The Wave.

Welcome, Maryann!



The Friends of the COA membership form is enclosed. Please don't forget to renew your annual membership so that you will continue to receive the newsletter. If you no longer want to receive the newsletter or wish to receive it electronically, please let Terri know. Thank you.

BUILDING TEMPERATURE: Summer is here. The building temperature will be set at a steady 70 degrees for the summer. Please dress accordingly. Thank you.

DATES TO REMEMBER

Tuesday, July 4th ~ Closed for 4th of July holiday
Thursday, July 6th ~ Iris's Café resumes with Chef Maryann Lucas
August 14th ~ new 10-week exercise session begins

August 16th ~ no exercise classes

SAVE THE DATE: November 14th ~ National Memory Screening Day
~ free screenings at COA ~ call for details



♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM – 12 NOON. Come in and meet Charlie Altieri, R.N.:



- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. July 28, August 11, 25. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, July 19 and Wednesday, August 16 at 4 PM.* Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. July 12, August 9.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday – Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch, for more information.



The Kindness Rocks Project has come to the Council on Aging. There are rocks here available to paint and contribute to our inspiration garden.

www.thekindnessrocksproject.com

🍏 FOR YOUR DINING PLEASURE

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.

🍏 **SALAD TO GO:** *Beginning July 10, Maryann's fresh summer salads, pints packed to travel, \$4.00 ~ every Monday!*

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the first Monday of every month. Please call Kip Detlef at (508)349-6805 for more information, as schedule/location varies. No July meeting.

★ **WELFLEET WAVE BOOK CLUB:** No summer reading! Be ready for the September 21st meeting, *Anything's Possible* by Elizabeth Strout ~ New York Times Bestseller ~ *An unforgettable cast of small-town characters copes with love and loss in this new work of fiction by #1 bestselling author and Pulitzer Prize winner Elizabeth Strout.*

☺ FOR YOUR WELL-BEING

Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSIONS

Next session ~ August 14 - October 20, 2017

**NEW FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:*

FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES ONLY ~ discounted rates for multiple sessions ~ *1X per week for \$55, 2X per week \$80, 3X per week \$100, 4X per week \$120 ~ Drop-ins welcome, \$7 per class drop-in rate ~ mid-session drop-ins will NOT be pro-rated*

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 - 10 AM.

NOTE!!!! NO CLASSES WEDNESDAY, AUGUST 16TH !

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ \$7.00 per class.

Note: Physician's approval absolutely required for all exercise classes!

◆ **FOR YOUR SUPPORT**

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ July 11, August 8. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. **RESUMING IN SEPTEMBER ~ NO SUMMER MEETINGS.**

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. July 18 & August 1, 15.

◆ **FRIENDLY VISITOR PROGRAM: STARTING IN THE FALL !!!** *As the program name suggests, our goal is to provide cheerful, informal visits with Seniors who are either homebound or could benefit from regular in-person contact for any reason. Volunteers are matched with Seniors who have similar interests and then visit on a weekly basis to provide companionship and conversation. By providing such, the Friendly Visitor often becomes the main link between the Senior and the rest of the world. In this program, Friendly Visitors are not responsible for performing the services requested by the Senior but are invaluable in advocating for the Senior's needs with the Senior Center staff or the Friendly Visitor Program. If you have any questions or would be interested in being one of our Friendly Visitor volunteers, please contact Linda Balch, Outreach Coordinator. If you would like a Volunteer to visit you, please let us know.*



◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns. *George has no scheduled programs in July and August because he will be taking time off with a new baby. Congratulations, Spirito family !!!!*



FOR CURRENT SENIOR CENTER NEWS, PLEASE FIND AND "LIKE" THE WELLFLEET COUNCIL ON AGING ON FACEBOOK!



**Find us on
Facebook**

FRIENDS OF THE WELLFLEET COUNCIL ON AGING (FCOA)

PO Box 306 ~ Wellfleet, MA 02667

2017-2018 ANNUAL MEMBERSHIP DUES

*Membership dues for the "Friends" are now being
accepted for July 1, 2017 – June 30, 2018*

FCOA provides supplemental funding to the Council for programs, senior/client assistance, transportation, newsletter printing & many other services that your dues & donations help support. Thank you!

Please complete the membership form below, enclose it with your tax-deductible dues and mail it to the FCOA at the above address or drop it off at the COA.

Individual memberships # _____ @ \$25.00 (per person)

Optional tax-deductible donation _____

*Please make
checks
payable to
FCOA*

NAME: _____

MAILING ADDRESS: _____

E-MAIL ADDRESS: _____ PHONE: _____

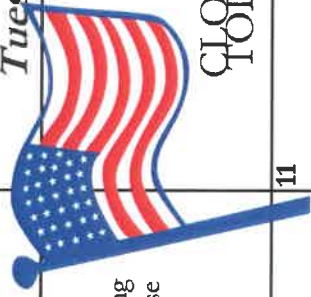


Newsletter preference (circle one): hard copy e-mail

thank
you!

thank
you!

thank
you!

July 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:45 Strength Training 10:15 Balance/Exercise	 CLOSED TODAY	5 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	6 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	7 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
10 8:45 Strength Training 10:15 Balance/Exercise	11 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	12 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 4 Friends of the COA	13 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	14 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
17 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	18 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise 	19 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	20 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	21 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
24 8:45 Strength Training 10:15 Balance/Exercise	25 8:45 Strength Training 10:15 Balance/Exercise 	26 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	27 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	28 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
31 8:45 Strength Training 10:15 Balance/Exercise				

July 4th Chamber of Commerce festivities

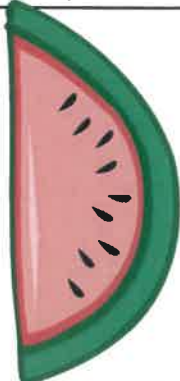
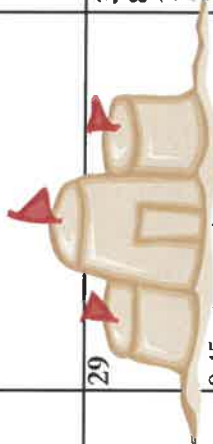

Antique Car Parade ~ 9:30 AM

Float Parade ~ 10 AM

beginning at the pier



August 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise</p>	<p>2 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise</p>	<p>3 8:45 Strength Training 11:30 Ask A Nurse 12:30 Balance/Exercise</p>	<p>4 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>7 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society</p>	<p>8 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>9 8:45 Strength Training 10:15 Legal Aid 10:15 Ask A Nurse 10:15 Balance/Exercise</p>	<p>10 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>11 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>14 NEW 10 WEEK EXERCISE SESSION BEGINS THIS WEEK 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>15 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise</p>	<p>16 NO EXERCISE CLASSES TODAY 9 COA Board 10 Ask A Nurse 4 Are You Ready for Medicare?</p>	<p>17 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>18 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>21 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>22 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>23 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise</p>	<p>24 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>25 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>28 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>29  8:45 Strength Training 10:15 Balance/Exercise</p>	<p>30 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise</p>	<p>31 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p></p>

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Ernie Bauer ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Carol Magenau
Sarah Multer
Fred Nass
Dorothy Oberding
Brian Quigley
Evelyn Savage
Maureen Schraut ~FCOA Liason


Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Sandy Wonders ~ Clerk
Meredith Blakeley
Greta Einig
Sarah Multer

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday



July 6th	Pan seared chicken breast with Feta over orzo & spinach, cucumber/tomato salad
July 13th	Roasted cod with tropical salsa, lemon scented jasmine rice & slaw
July 20th	Mediterranean pasta, mixed green salad
July 27th	Pan roasted flank steak, Caesar salad with homemade croutons
August 3rd	Cashew chicken with snow peas & red peppers, seasoned rice noodles, green salad
August 10th	Quiche Maryann (vegetable), corn & black bean salad, mixed greens
August 17th	Poached salmon with herb crema, Israeli couscous, marinated vegetables
August 24th	Lemon roasted chicken, potato salad, watermelon/Feta salad
August 31st	Balsamic roasted pork loin, steamed new potatoes & green beans



MARYANN'S SUMMER SALADS TO GO

Beginning Monday, July 10th ~ A cold pint of "summer salad"
packed to travel ~ \$4.00

varies every week depending on available ingredients ~ always delicious!